

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 340288

Course Name: 7th Grade Integrated Health & Physical Education

Grade level: 7

Upon course completion students should be able to:



Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 7.1.1. Determine reasons why people choose to use or not to use alcohol and other drugs and describe situations that could lead to the use of alcohol and other drugs.
- 7.1.2. Describe the relationship between using alcohol and other drugs and injuries.
- 7.1.3. Explain the similarities and differences among nutrients regarding nutritional value and food sources.
- 7.1.4. Describe major chronic diseases and their relationship to what people eat and their physical activity level.
- 7.1.5. Explain the importance of a positive body image.
- 7.1.6. Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health.
- 7.1.7. Explain causes and effects of stress.
- 7.1.8. Explain the behavioral and environmental factors that contribute to the major chronic diseases.
- 7.1.9. Determine the benefits of being sexually abstinent and summarize ways to prevent pregnancy.
- 7.1.10. Explain why individuals have the right to refuse sexual contact.
- 7.1.11. Explain signs, symptoms, transmission and prevention of the most common STDs.
- 7.1.12. Describe the social, economic and cosmetic consequences of tobacco use.
- 7.1.13. Describe examples of dangerous or risky behaviors that might lead to injuries.
- 7.1.14. Describe the signs and symptoms of people who are in danger of hurting themselves or others and explain the importance of telling an adult if there are people who are in danger of hurting themselves or others.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 7.2.1. Explain how personal values and beliefs can affect personal health and behaviors.
- 7.2.2. Research and demonstrate how sharing or posting personal information electronically can or has negatively impacted the mental/emotional health, social health and/or safety of self and others.

Standard 3

Access valid information, products and services to enhance health.

- 7.3.1. Compare and contrast health-related situations that call for professional services.

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- 7.3.2. Analyze the availability of valid and reliable health information, services and products.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 7.4.1. Analyze effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors and relationships.
- 7.4.2. Demonstrate how to ask for assistance to enhance the health of self and others.
- 7.4.3. Compare and contrast how refusal and negotiation skills are used to avoid or reduce health risks.
- 7.4.4. Determine how to use effective conflict management and/or resolution strategies.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 7.5.1. Describe healthy options when making a decision about health-related issues or problems.
- 7.5.2. Practice using a decision-making process to avoid or refuse addictive or harmful substances and/or behaviors.
- 7.5.3. Demonstrate the use of a decision-making process to enhance or establish healthy behaviors and relationships.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 7.6.1. Describe strategies and skills needed to attain personal health goals.
- 7.6.2. Compare and contrast how personal health goals can vary with changing abilities, priorities and responsibilities.
- 7.6.3. Set a goal to maintain or improve personal health and/or wellness-related behaviors.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 7.7.1. Explain the importance of being responsible for personal health and wellness-related behaviors.
- 7.7.2. Compare and contrast personal health practices and behaviors that improve the health and wellness of self and others.

Standard 8

Advocate for personal, family and community health.

- 7.8.1. Express a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others.
- 7.8.2. Demonstrate how to influence and support others (peers, family and community) to make positive behavior choices to improve personal health and wellness.

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Combinations of Movement Patterns and Skills

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- 7.1.MP1. Apply refined movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 7.1.MP2. Demonstrate combined motor skills in a variety of games and activities.
- 7.1.MP. Perform controlled movements in game-like situations.

Manipulative Skills

- 7.1.MS1. Demonstrate how to send, receive and retain a variety of objects, while taking into account position and motion in relation to others, equipment and boundaries, while applying appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Combinations of Movement Concepts

- 7.2.MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities and game-like situations.
- 7.2.MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in physical activities and game-like situations.
- 7.2.MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences in physical activities and game-like situations.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge and Engagement

- 7.3.PA1. Explain the physical, social and mental/emotional benefits of being physically active.
- 7.3.PA2. Analyze self-selected physical activity and adjust activities based on current fitness level.

Physical Fitness Knowledge

- 7.3.PF1. Describe how the FITT principle is used to develop personal fitness goals.

Nutrition

- 7.3.N1. Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity.

Stress Management

- 7.3.SM1. Analyze various physical activities that help with stress reduction.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

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- 7.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

Rules and Etiquette

- 7.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 7.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.

Safety

- 7.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 7.5.H1. Compare how regular participation in physical activities supports the goals of a healthy lifestyle.

Challenge

- 7.5.C1. Identify strategies for persevering when physical activities bring challenge.

Self-Expression and Enjoyment

- 7.5.SE1. Demonstrate both intrinsic and extrinsic motivation by selecting physical activities to participate in outside of class.

Social Interaction

- 7.5.SI1. Demonstrate positive social interactions during physical activity.

Advocacy

- 7.5.A1. Create physical activity messages for different audiences that persuade others to make healthy and safe physical choices.